

MOSHKA LIVING

LIVE THE LIFE YOU WISH FOR



FOUNDER'S STATEMENT

Hello,

My name is Michell Stanley and I'm a Psychodynamic Coach. I utilize my specialities as a certified professional coach and a psychotherapist to help women maximize their personal and professional potential. I do this by helping my clients to dissolve self-doubt and cultivate the significant relationships that will nurture their careers to align with passion-filled purpose.

In this Glass-Ceiling Breakthrough Plan™ you will learn how to:

- Transcend financial and work role limits to be able to make more money and scale profits.
- Acquire professional allies who will support your growth within and outside of the company.
- Create and easily manage a work and life balance that you'll love and enjoy.

Michell Stanley

MICHELL K. STANLEY

Psychodynamic Coach
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ALIGN YOUR CAREER WITH YOUR PURPOSEFUL PATH

Problem 1: Managers that Never Learned How to Manage

Most managers have useful knowledge and expertise, but lack the management skills to hone strong collaboration, supportive alliances, and optimized individual contributions in a team or work process.

Solutions:

Instead of Arguing...

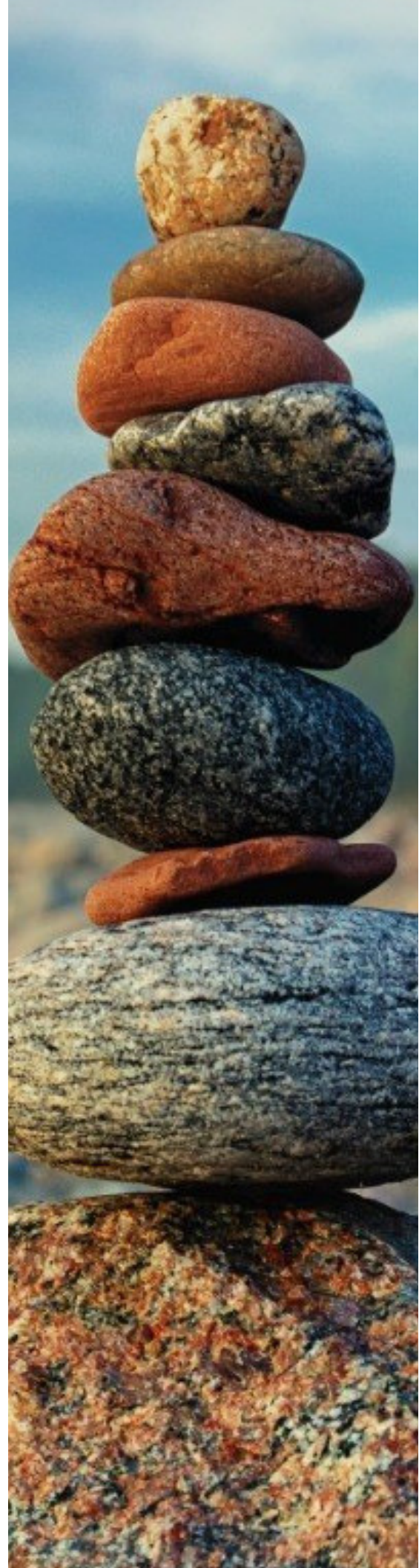
When you find yourself in a situation where you want to argue or prove a point; instead consider actively listening and reflecting on what is being said before responding.

Instead of Complaining...

When you find yourself complaining; take a moment to specifically identify **how** you are feeling about **what**. It can be empowering to use words such as, "Frustrated, disappointed, overwhelmed, confused, and discouraged" to express feelings as they relate to the specific situation that caused them. (i.e. "I feel overwhelmed by my workload when I don't have anyone to help me.")

Make a List...

Keep an updated list of things you need to help you improve. Regardless of whether or not you get it - this exercise will help you prioritize your requests (i.e. Skills you need help developing; A software that would help you do your job better, etc.).



Problem 2: Attempts at Advancement Met with a Wall

You're told that you have climbed as far as you can in your role or within the organization. Attempts to expand opportunities are often met with disappointment or no answer at all! You believe that the only way to advance your career or improve your finances is to change companies.

Solutions:

Clearly communicate your desire to develop your career to your managers and higher ups.

Illicit the help of your managers and HR to support your growth within the organization.

Do not be afraid to leverage leaving if you are in a dead end position.

Problem 3: Work-Life Balance does not exist

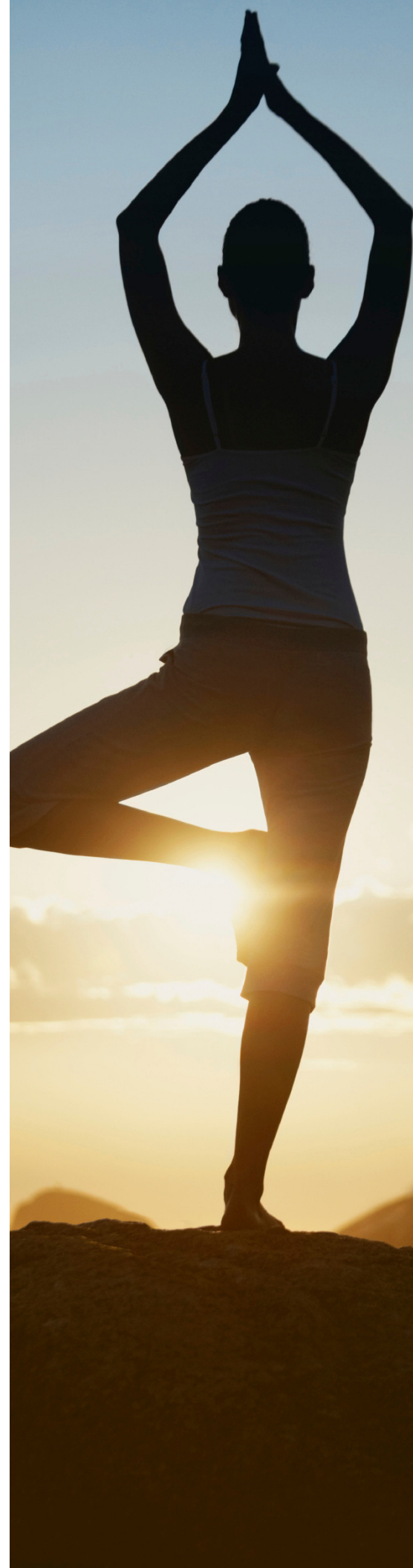
Your company operates in eternal crisis mode; everyone works crazy hours as a result.

Solutions:

Read your job description and/or contract. Use it to understand what is required of you, as well as to balance what is healthy for you to give.

Delegate tasks that are not in your job to do.
Eliminate tasks that are not your job at all.

Seek assistance from managers to focus your work role and responsibilities on your skillset and what you enjoy doing.



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